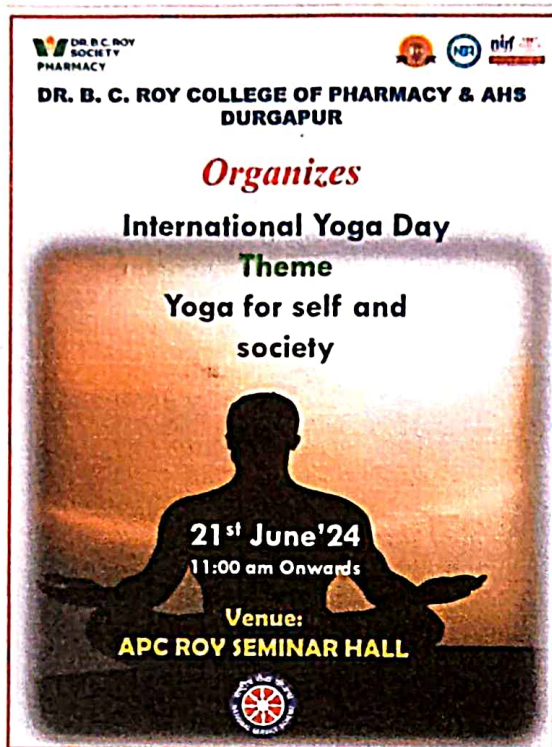




## A REPORT ON INTERNATIONAL YOGA DAY OBSERVED ON 21<sup>st</sup> JUNE, 2024.



Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions." Today it is practiced in various forms around the world and continues to grow in popularity.

The faculty, students and staff of Dr. B. C. Roy College of Pharmacy and Allied Health Sciences also observed International Yoga Day on 21<sup>st</sup> June, 2024 at APC Roy Seminar Hall. The event began with the inaugural address of the Principal, Prof. (Dr.) Samir Kr. Samanta who spoke about the necessity of physical and mental well-being and how yoga can help in attaining the same. The session was then handed over to Mr. Tarun Mukherjee, yoga instructor. Under his guidance, the students, faculty and staff performed various asanas namely Ardhashchandrasan, Bhujangasan,

Prof. (Dr.) Samir Kumar Samanta  
M. Pharm., Ph.D (J.U.)  
Principal  
Dr. B. C. Roy College of Pharmacy & AHS  
Durgapur, West Bengal-713206





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Dr. Meghnad Saha Sarani, Bidhannagar, Durgapur-713206, West Bengal (India)

Shirsashan, Dhanurasan, Shavasan. They also performed the Surya Namaskara. A meditation session was also conducted with the motive of providing mental relief and cleaning of the inner-self. A video that was prepared on the occasion of International Yoga Day was played to raise awareness on the usefulness of Yoga.



Name of the Event: International Yoga Day.

Date: 21<sup>st</sup> June, 2024.

Venue: APC Roy Seminar Hall.

No. of Participants: 49

Prof. (Dr.) Sanjit Kumar Samanta  
M. Pharm., Ph.D (J.U.)  
Principal  
Dr. B. C. Roy College of Pharmacy & AHS  
Durgapur, West Bengal-713206

